

THE ARKANSAS ULTRA RUNNER

MARCH 1990

A Newsletter For The Arkansas Ultrarunning Association

Message From The Big Shot - Big Shot; Big News. For the benefit of our out of state association members, let me sum up what was reported in the February issue of the Little Rock Roadrunner newsletter. "The Sarge has moved out of town." Yes, you heard it right. She left her dogs and kids and moved to Beaverton, Oregon, with her hubbie, John. I received a gloating postcard last week and she stated that she was running on the beach and also in the Redwood Forest. I can't believe it. The Sarge moving to the west coast. It's hard to visualize the Sarge trying to be a Valley Girl and saying "for sure-for sure" and "chow-baby". I believe that in another couple of months I could have whipped her at any distance. None of this "let Harley go we'll catch him at the first water stop" business. I was set to blow by her like the '53 tornado that struck my hometown of Vicksburg, Mississippi. She was going to beg for mercy and I was going to be ruthless. Oh well, another chapter closes in my log book.

A bit of trivia: What Ultra Running Association has members in states that touch the three oceans that border our country? If you guessed the Arkansas Ultra Running Association you guessed right. The Atlantic has Virginian David Horton; the Gulf of Mexico, Mississippians Kathy and Joel Guyer; and Oregonian Sarge Graysmith on the Pacific. I told you people that you were guaranteed to see your name in print at least once.

I had a dream a couple of nights ago. Maybe it was a vision because I wasn't asleep. My vision was that we would all pile into two vans and travel nonstop to the Virginia Mountain Masochist 50 Mile Trail Race in October and whip-tail. It sounds like a challenge.

The response to the membership drive for the second year of the Arkansas Ultra Running Association has been terrific. For those of you who are holding back, trust me. I'll be your guiding light on the darkened trail. I, with the confidence to wear white socks to elegant social functions, will give you that same confidence on your Ultra Runs.

And now on to the meat of the newsletter.

WARM Regards  
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Ultra Running Profile - Eddie Mulkey

Proudest Ultra Moment - Realizing 50 milers are more fun than 10K's.

Number of years running - 23

Number of years running Ultras - 9

Number of Ultras' Run - 21

Person you would most like to beat - Bill Laster

10K, P.R. - 31:46 (1984)

50 Mile P.R. - 6:11:51 (1983)

Most miles run per week - 140

Favorite running surface - Rocks and mud.

Best physical feature - My biceps of course.

Worst running habit - Racing on the road.

Number of Ultras won - 8

Running goals - Have fun and finish ahead of Bill.

Running Hero's - Bill Laster, David Horton, and Bob Hanle.

Usual race strategy - Try to win.

Ultra Run you would like to do - Western States again (someday)

Running injuries - Stress fracture 1979, none since.

Favorite non-running activities - Laying on my couch watching T.V.

Cross training sport - Mountain bike.

Runner you wouldn't mind losing to - Bill Laster

Average training week - 60 to 70 miles

Favorite running food - Power Bars

Training Run Report - 1-27-90 Suck Mountain exploratory run with Nick, Lou and Ms. Scarlett, minus Jack and Donna. That Jack Allsup needs a good Ultra goal to get motivated. One week post Jackson Five-0 I felt as strong as a bulldog. Lou was dragging a little and soon (quickly) fell behind. Ms. Scarlett was not influenced by anyone and trained at her own pace on the forest road. After three miles, we left the road and followed the powerlines for about five miles. The scenery reminded me of the Wasatch 100. Really pretty. Boy, if I had known about this training area five years ago, no telling what would have happened at Western States. I might have possibly made it halfway. Who knows? Anyway, with Lou kicking up rocks and cursing me and Nick because we were up ahead and moving out, I enjoyed renewing my Ultra friendship with Mr. Nick. You might say that he was pacing me. A duty usually reserved for the ladies. Mr. Nick and I got to talking about other Ultra runners and how tough they could be in finishing a race. I have always admired Suzi Thibeault, an association reader, in Auburn, California, for her ability to complete a 50 or 100 mile race despite the accounts of getting sick. Mr. Nick had the answer. He said that Suzi appears to not be able to burp like Arkies and that when she

gets to feeling bad she will run her fingers down her throat and message her esophagus. With it relaxed she passes the gas and will be good for another ten miles. That's what I've missed about not running with Mr. Nick.

On 1-28-90 I again answered the call for a Sunday afternoon run with Eddie Mulkey, Bill Laster, Nick and Lou. With four bowls of hot grits under my belt, the rain wouldn't stop me. We went to a newly cut road that parallels Highway 10 just past the Breadbasket Road. It is 5.5 miles long and intersects the C.C. Road at the base of Pigeon Roost Mountain. Give Bill credit. He has found a good one! Major uphill, long downhill and pretty good footing. I get so excited I arrived at the turnaround before Eddie. Must have been the grits for lunch. For those of you planning a trail Ultra you are missing some good stuff by not joining us.

February 10 - Lou, Nick, and I had planned to do a 30 miler in preparation for the Cross Timbers 50 Miler in mid March. What better place to go than out to Lake Winona. Lou had figured a 30 mile route that would start at Lake Winona and travel west on the forest service roads to the Ouachita Trail at Grindstone Mountain. This would take us east six miles to Flatside Pinnacle and then eight more on the trail to Lake Sylvia from Sylvia we would get back onto the dirt roads and go eight miles to the car. We saw deer and turkey as well as spectacular scenery. Nick got ahead of us on the trail but decided he couldn't enjoy the view alone and he dropped back to Lou. I kept my distance but did manage to pull even with three miles to go. We didn't set out water opting to use water pills for safe drinking. After the storm the day before there was plenty of fresh water to be had.

Nick has labeled this the Grindstone Mountain Run. We will include this in the Ultra Trail Series next year.

Trail Series Update - 2-3-90 The 20 Mile Winona Loop. This is my favorite training run. Lou and I went out to mark the course the night before and camped out near the start so that we would be sure to have "control of the situation". After spreading the 5 lbs. of flour and setting out the water jugs at the low water bridge at midpoint, we hurried back to the camp to set up our tent. It must have rained three inches. Why does this happen to me?

At the trail briefing I confired with Trail Master, Nick Williams, and we decided to go to plan B/ That was because the flour was washed away and the low water bridge might possibly be under water. We made a command decision to run the course clockwise to the low water bridge where water was set out. If the bridge was under water, we would come back the same way instead of making a loop. As luck would have it the water had receded and the coast was clear.

The three favorites for the men took an early lead and soon outdistanced the pack. This included Eddie Mulkey, Tom Aspel and Johnny Gross. Despite the rain the footing was good and was soft as a high school cinder track. These three stayed close until the 11 mile water stop, reaching it in 64 minutes. (you figure the pace) This section included some major hills, too. At the stop, Johnny, a 2:38 marathoner drank quickly and left Tom and Eddie talking. Tom hurried off and soon caught up and these two paced until 16 miles. At this point Tom, a former 3000 meter record holder in the steeple chase as a 17 year old

back in Ireland; used his longer stride to tear up the downhills and finish two minutes ahead of Johnny. Eddie finished a scant 2 min. 42 sec. out of first and far outdistanced forth place finisher David Cawein. With this third place Eddie nailed a victory in the male division of the Ultra Trail Series. More about this next month. The women's race was equally close contested. We had five women to start out. Trish O'Dwyer, the first Arkie female to finish Pikes Peak this year, took a commanding lead. She then forgot the trailmaster's instructions and left the race course heading for Highway 7. This opened the gate for Carol Mathews, Donna Hardcastle, and Lou Peyton, 45 year old mother of two. Irene Johnson was recovering from the flu and put up a galant effort but was unfortunately not a factor. Donna and Carol shared the lead through 12 miles with Lou gaining momentum in the rear. With Nick alternately pacing each through 13 miles, it was still an open race. Carol eased by Donna at 12.5 miles and then Lou eased by her at 13 miles when Donna had to step off to the side. From this point, Carol, who had an arthroscope on her knee two weeks ago, unwound and finished a strong 3:24:27. With the win Carol went ahead in points at 37. Donna's third place finish brought her to a total of 33 points.

We are preparing some "custome made" placques for both the male and female winners to be presented at a later date. The final race is the 12 mile Pipeline Express on 3-3-90. Could be wet, will be rocky. My money goes on Eddie who has a gift for this type of running. Run starts at the old North Shore Landing off of Highway 300 past Monnie Springs. (3/4 mile past the Roland cut-off and Highway 300 intersection) 6:45 a.m. trail briefing. 7:00 a.m. start. Nick Williams 225-5557 or Harley Peyton 225-6609 for details.

#### WINONA RESULTS

1.	Tom Aspel.....	2:06:34
2.	Johnny Gross.....	2:08:34
3.	Eddie Mulkey.....	2:09:16
4.	David Cawein.....	2:29:59
5.	David Laser.....	2:39:55
6.	Jim Schuler.....	2:42:00
7.	Bill Maxwell.....	2:46:26
8.	Jim Sweat.....	2:48:02
9.	David Samuel.....	2:53:30
10.	Ken Millar.....	2:59:39*
11.	Bob Marston.....	3:00:50
12.	Scott Campbell.....	3:01:24
13.	Ernie Peters.....	3:09:25
14.	Sam Hardcastle.....	3:09:26
15.	Ron Hale.....	3:17:48*
16.	James Hicks.....	3:18:23*
17.	Nick Williams.....	3:24:27
18.	<u>Carol Mathew</u> (tie).....	3:24:27
19.	<u>Lou Peyton</u> .....	3:27:11
20.	<u>Donna Hardcastle</u> .....	3:28:31
21.	Harley Peyton.....	3:31:34
22.	<u>Irene Johnson</u> .....	3:52:35

\* denotes individual times

These three runners arrived late and missed the briefing and

official start. Due to extenuating circumstances, we have included their times and given them their points (1). It must be emphasized that the events of the Ultra Trail Series are races as opposed to fun or training runs. All series events begin with the trail briefing where we will discuss the trail markings, water stops and significant aspects of the run. The extenuating circumstances in this case involved following the maps that I drew showing a counter clockwise route. However, due to the possibility of flooding we ran it clockwise to take advantage of our water stop. This was explained in the trail briefing. Congratulations to Ron, James and Ken for some pretty good times.

Ultra Trail Reports - Jackson Five-0, 1-23-90. If you've ever run the Jackson Five-0 in a driving rain and low-thirty degree temperature, you'll always begin your recap by mentioning the weather on race day. Perfect! Five days of rain that preceded a Saturday dawn of clear skies and calm winds. About the race. I will repeat an earlier statement about the Jackson Five-0's organization. "The premiere Ultra Race in the mid south." Over 100 runners started and there were possibly an equal number of volunteers looking after you. It was like an all day party. I started in the back and thought I would run what I felt was comfortable. A 7:30 to 8:30 finish time would be my goal. AT 3.5 miles my old injury appeared - a "ketch" in my right hip. I reevaluated my strategy and decided a finish could be had if I developed a stride that was slower and didn't pull my hip flexors. You guessed it my patiented "forward lean". This didn't turn out too bad because I could see the race develop and could offer (and was offered) encouragement to some Arkies and other Ultra acquaintances. I hated being lapped because I felt in top Ultra shape but I'll save my P.R.'s for another day. Steve Shopoff, of Dallas took an early lead and set a blistering pace. He was followed by several others that included Bill Laster and Eddie Mulkey. Steve has won this race (3) times and looked as light as a feather as he lapped me. I'm told that he had an entourage of pacers and handlers that attended his every need. At mile ten he and his pace line passed me within a hundred yards of the timers (big crowd). I fell in behind him and went stride for stride through the checkpoint. The cheering was uplifting but not long lasting. Anyway, it was good to get in a groove again. I'd say a few words to Fallon Davis, Bob Hanle and Wayne Elliot of Little Rock as they would ease by me. Red Spicer and the Amarillo boys are always friendly. Spicer, a L.R.R.C. member, is fast developing into a folk hero. I noticed shoes, too. It seems that the Tiger Gel-Lite was a real popular model. Also the light weight neon orange and green soles of racing flats are especially popular. At thirty miles I felt a noticeably increase in effort to maintain a 10:30 mile pace. The thirty mile mark is the magic point when you really question your motivation, and then I lapped my first runner, Al Maguire. Give ole Al his credit he was hanging tough. He was going to finish if it took him til Sunday morning. Buddy McRitter of Pine Bluff looked pooped but he was cheerful. His family is very unselfish with their aid and encouragement. William Gilli of Brinkley appeared to have dropped a few pounds and ran well. Lou Peyton, 45 year old mother of two, was on her 100 mile pace and was having her usual picnic. She finished second female and vowed to let this be her last. At about 38 miles Larry Mabry came into the aid station as I was leaving. He gave me a push in the back just as I

started to run. Thanks Larry. It was like a jump start. I did finish, too and after doing my customary finish line pushups, proceeded to the treatment table for a fast acting massage. Those people at the Jackson Five-0 do it right. You best be ready next year! Results of the finishers of Jackson Five-0.

Fallon Davis.....	7:21:27
William Gilli.....	7:34:22
Wayne Elliot.....	7:38:14
Buddy Ritter.....	7:51:02
Larry Mabry.....	7:58:14
<u>Lou Peyton.....</u>	<u>8:01:02</u>
Robert Hanle.....	8:28:52
Red Spicer.....	8:46:31
Harley Peyton.....	9:14:22
Al Maguire.....	10:00:00

Ultra Training Tip - Mid-way through the Jackson Five-0 I made a statement to T-Bear Laster that I was taking my training back to the "drawing board". I was getting tired and feeling sorry for myself. If Ole Nickey Boy would have been there I think I might have considered quitting the race. "What changed your mind, Harley?" I am a product of low mileage training (38 miles per week in 1989). As such I advocate three golden rules in Ultra racing. One - maintain hydration and nutrition; Two - the long runs and three - train on similar terrain. On Sunday as we traveled back to Little Rock, I analyzed my situation. I drank two cups of water at each aid station and consumed 350 calories every six miles. I had taken long runs of 20 to 25 miles almost weekly. That leaves #3. Why did my quads get tired at 30 miles? You guessed it, the Five-0 didn't have any hills. We had trained on the forest roads in the hills and at Dallas we had a flat three mile asphalt loop. I should have spent more time on the river running my long runs. I did do one 24 miler there but I needed two more. Next year I'll do it right.